

Recipes



Sumac *Rhus coriaria*

Tips for Use:

- The flavor is earthy, citrus and a bit sour
- Make a marinade or salad dressing
- Add to yogurt or sprinkle on hummus or even sweet potato fries
- Add to your favorite meatloaf recipe
- Use in making your own blend such as one of the many Za'atar recipes, which vary in different regions and from family to family.
- Use Za'atar or other blends on chicken, lamb, fish or vegetables
- Mix blends with olive oil for dipping bread
- Top popcorn with sumac and salt for a salt and tart flavor

Sumac Lemonade

1 cup water
¼ cup sumac syrup

Lemon juice
Ice

Sumac Syrup: 1 cup water, 1 cup honey and 2 tablespoons ground sumac

Make sumac syrup by combining water and honey in a small saucepan. Simmer over medium for 5 minutes then stir in sumac and infuse until cool, at least 10 minutes. Strain and store in an airtight container.

Make sumac lemonade by combining water or sparkling water with sumac syrup, and a squeeze of lemon juice. Add ice and stir.

Shape.com
The Health Benefits of Sumac Spice

Za'atar

1 tablespoon chopped fresh oregano
1 tablespoon sumac
1 tablespoon ground cumin

1 tablespoon sesame seeds
1 teaspoon kosher salt
1 teaspoon freshly ground black pepper

Combine chopped fresh oregano, sumac, ground cumin and sesame seeds. Stir in kosher salt and freshly ground black pepper. Can be made 2 weeks ahead. Store airtight at room temperature.

Silvena Rowe
Bon appetite, www.bonappetit.com

Za'atar Recipe: Middle Eastern Spice Mixture

¼ cup sumac
2 tablespoons thyme
1 tablespoon roasted sesame seeds

2 tablespoons marjoram
2 tablespoons oregano

Recipes



1 teaspoon salt

Grind the sesame seeds in a food processor or with a mortar and pestle. Add remaining ingredients and mix well.

Store za'atar in a cool, dark place in a plastic zip bag or a airtight container. When stored properly, za'atar can be used from 3-6 months.

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**Do you have a recipe using Sumac to share?
Please send it to Educator@herbsociety.org**